

# Grand Canyon

National Park Service  
U.S. Department of the Interior

Grand Canyon National Park  
Arizona



## Grand Canyon Expeditions – Indian Garden

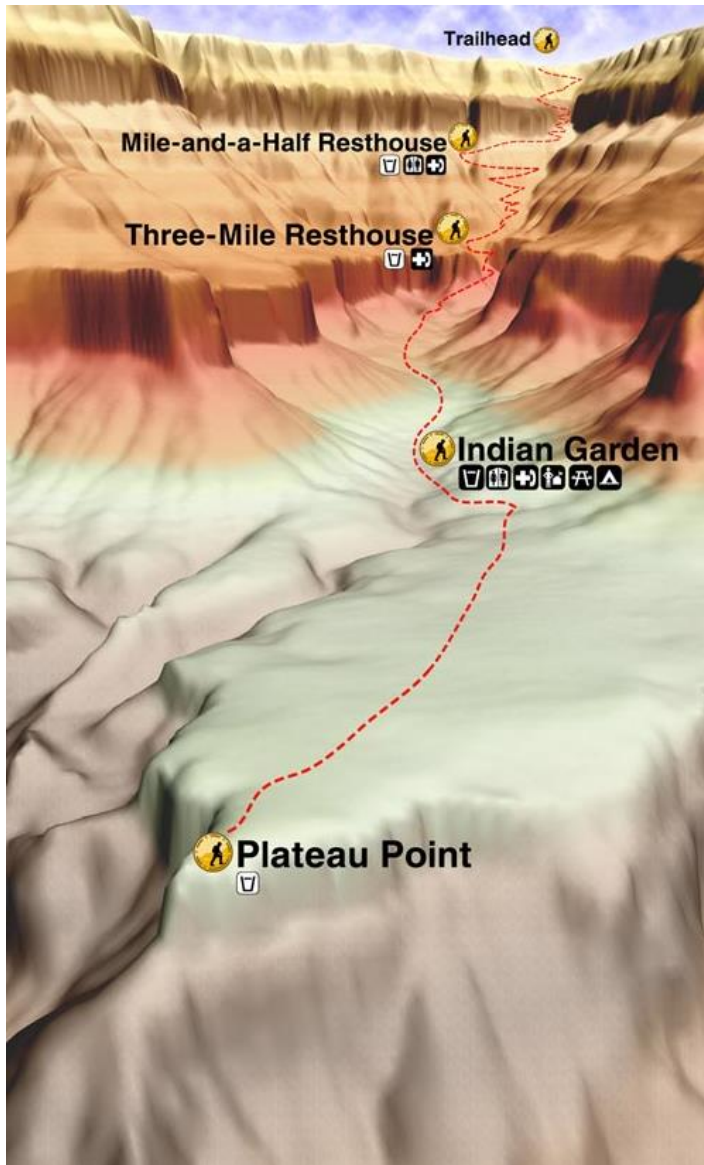
### Program Itinerary

Day	Grand Canyon Expeditions – Indian Garden
Thursday	Pickup from Flagstaff @ 2pm. Head to Grand Canyon South Rim.
Friday	Explore South Rim, prepare for backpacking.
Saturday	Explore South Rim, prepare for backpacking.
Sunday	Hike 4.5 miles down Bright Angel Trail to Indian Garden.
Monday	Explore Inner Canyon, hike out to and back from Plateau Point.
Tuesday	Hike 4.5 miles up Bright Angel to South Rim Village.
Wednesday	Depart to Flagstaff to arrive by 11am for travel home.

**Grand Canyon Expeditions:** During this program participants will travel the Bright Angel Trail from the South Rim down 4.5 miles to Indian Garden (9 miles roundtrip). They will spend two nights camping and exploring the Inner Canyon from the Campground at Indian Garden. Participants will also get the chance to hike 3 miles roundtrip to Plateau Point.

Participants must be in good physical condition to hike this trail. Great ways to prepare for this hike include actively engaging in school sports, hiking area trails with some elevation change, training and walking a 5K or fun run, or climbing stairs. *Hiking the Bright Angel Trail comparable to climbing a 300 story building (2.5 Empire State Buildings) in 105 degree heat with little access to water.*

Destination	Distance Roundtrip	Difficulty	Elevation Change From the Rim	Time Roundtrip	Facilities
Upper Tunnel	0.4 miles (0.6 km)	easy	60 feet (20 m)	20 minutes	none
Lower Tunnel	1.7 miles (2.8 km)	moderate	590 feet (180 m)	1–2 hours	none
1½-Mile Resthouse	3 miles (4.8 km)	moderate	1,120 feet (340 m)	2–4 hours	water, toilets, emergency phone
3-Mile Resthouse	6 miles (9.6 km)	difficult	2,120 feet (645 m)	4–6 hours	water, toilets, emergency phone
Indian Garden	9 miles (14.4 km)	very difficult	3,040 feet (925 m)	6–9 hours	water, toilets, ranger station, camping, emergency phone



Cross-section of the Bright Angel Trail